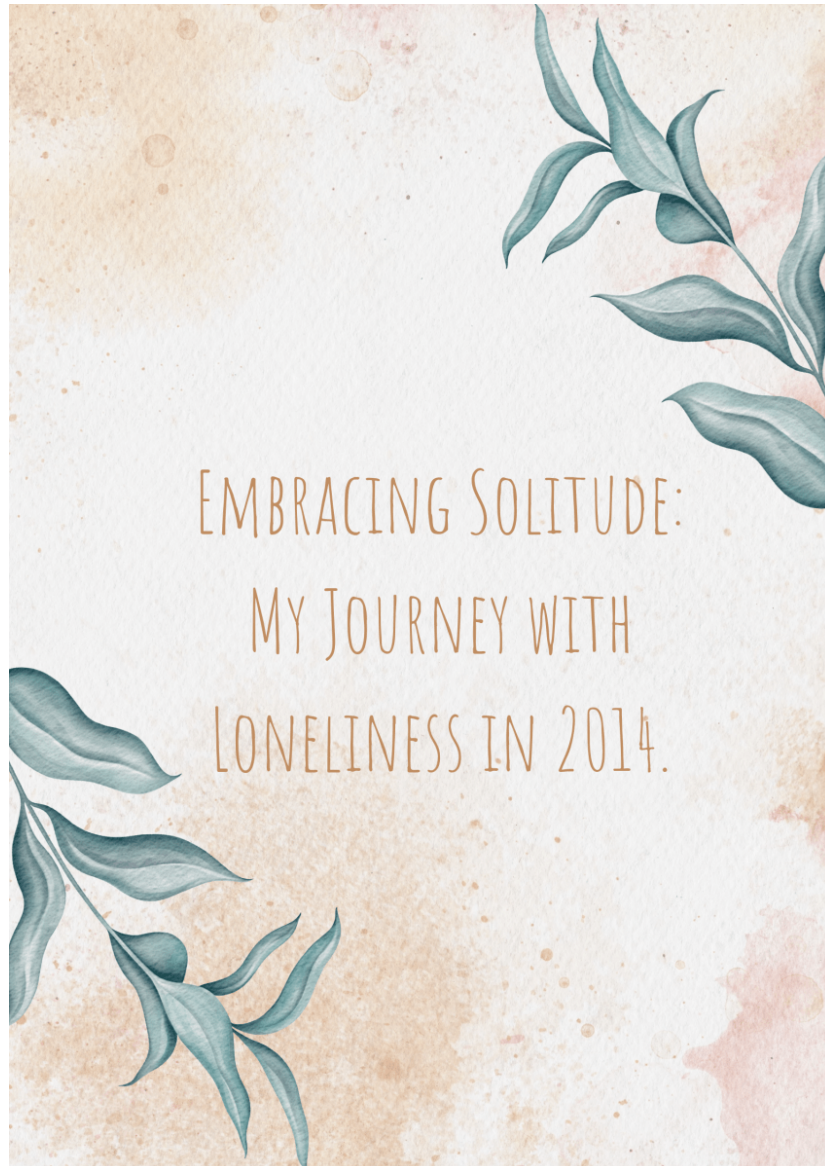


Embracing Solitude: My Journey with Loneliness in 2014.

 thelifeofmine3.wordpress.com/2022/03/24/me-and-my-loneliness-2014/

March 24, 2022



When I am alone at home, I find solace and a sense of being truly myself. It is during these moments that I reflect on the good experiences in my life and find reasons to laugh. However, I also confront the reality of my disability, which brings me pain and tears. These conflicting emotions often arise while I am watching TV, as I contemplate what I have gained and what I have lost.



Inanimate objects such as the TV, sofa, and hallway may lack life, but they have been witnesses to both my moments of happiness and sadness, experiences that remain unique to me. Sometimes, I would react strongly to unusual or upsetting scenes on TV, even scolding the television itself. In moments of anger, I would direct my frustration towards the sofa, while overwhelming joy would lead me to kiss and embrace my pillow. My tears, too numerous to count, were absorbed by my trusted pillow.

At times, I contemplated seeking professional counseling, recognizing my dissatisfaction with aspects of my own life. Despite the range of intense emotions I experienced in my solitude, it felt different from the tears shed in the presence of my friends and family. It almost became monotonous to listen to my own ramblings and witness my own tears. I found myself unsure of how to navigate this internal struggle.

In moments of reflection, I would apologize to God for the challenges I faced, wishing I didn't have to rely on anyone else for support. I longed for a sense of independence and self-sufficiency.